

## ***From the director...***

The New Year always brings the hope of positive changes to improve the chances of a better year than the last. This year, let's resolve to take steps towards better health by walking.

Walking is an easy way to prevent, delay, or reduce the risk of developing such chronic conditions as high blood pressure and diabetes. Walking not only improves your health by helping to manage these conditions better, but it also benefits your sense of well being by elevating your mood and boosting your energy level.

This year, take time out of your busy schedule to put You First! By using this time to walk, you will be better prepared to handle the competing demands of family, friends, work, and community.

We hope that you will continue to Count Your Steps to better health throughout the year and share your success with family and friends to encourage and support them.

Please check with your health care provider before starting a new walking routine.

Remember, It's Your Health...Take Charge!

On behalf of the Office of Minority Health team and the DHEC family, Keep on Walking and Make it a Healthier New Year.

Gardenia B. Ruff, Director  
Office of Minority Health